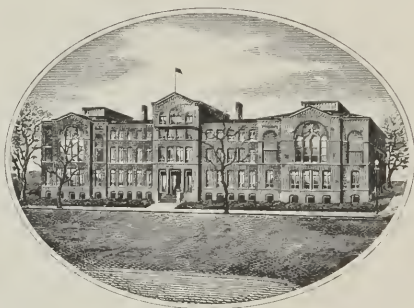




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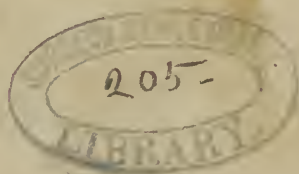




DISPOSITIONS

FOR

MEDICAL CHESTS,







DIRECTIONS

FOR

# MEDICINE CHEST,

PREPARED BY

*JOEL & JOTHAM POST,*

DRUGGISTS,

CORNER OF WALL AND WILLIAM-STREETS,  
NEW-YORK.

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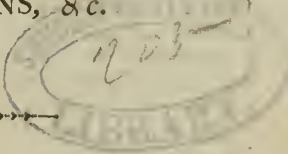
1804.



*The medicines are numbered  
according to the directions  
in the other book.*



## DIRECTIONS, &c.



THE advantages arising from appropriate directions for Medicine Chests, especially for seamen, are too obvious to require illustration: yet, to give these directions with sufficient clearness and precision, is attended with some difficulty. We flatter ourselves, however, that the present treatise will not be too intricate to be understood by the smallest capacity, and, at the same time, will embrace such general information as will be extremely useful. We hope the experience of those who follow these directions, when they have not immediate medical aid in their power, will justify our observations. To those who are obliged to travel, either by sea or land; who live on plantations, or who settle in new countries, remote from any medical assistance, these directions may be of material benefit, as they may be the cause of removing or preventing diseases that otherwise might prove fatal.

For want of sufficient directions to manage the more general diseases and accidents to which the human constitution is liable, we often experience a variety of afflictions, and at times, suffer the most acute and distressing pain. Hence, it is an object of the highest importance, to be acquainted with some of the modes of curing and of preventing diseases, that, in cases of emergency, when no immediate medical aid can be procured, we may use them to alleviate or remove any complaint with which we may be afflicted. We hope these directions may prove useful : but, at all times, when proper medical aid can be had, it should be preferred ; for, peculiarities of symptoms may arise, which can best be attended to by those whose study and practice of physic are their sole pursuit.

Every person is, or should be, well acquainted with his own constitution when in health ; and, of course, ought to know when it is any way impaired. If, therefore, a disease, or a tendency to disease is induced, there will be no difficulty in knowing the fact, and of making use of means to counteract it. For example : if a patient is costive, some opening medicine is proper ; if, on the contrary, he is troubled with a relax, or looseness, it is proper to check it as soon as convenient. If he has a fever, produced by any cause whatever, keep the body in as natural a state as possible, by giving medicines to purge, if there is costiveness ; to check a relax, if there is one ; to restore the perspiration, if this is suppressed, &c. &c. And, during this state of disease, the patient must have as light and easy diet as possible, to assist in keeping his body in its most natural condition. During every disease, the greatest attention possible should be paid to cleanliness, as much will depend on this. The patient should have as pure an atmosphere as possible ; his bed linen and clothing should be changed every day or two, according to the violence of the disease, and nothing of his excrements, &c. &c. should be left in his apartment.

In cases of external accidents, as dislocations, fractures, strains, bruises, &c. the treatment varies, according to the nature of the injury, and the circumstances attending it.

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## DISLOCATIONS.

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In case of a dislocation, viz: a limb being put out of joint, fix the limb dislocated in its most easy and natural position, and then, by making sufficient extension, let it be put in its proper place; after which, if there is very much pain and inflammation, and the patient of a full strong constitution, let him be bled, and take a dose of salts. Besides keeping the part injured moist, with cloths dipped in a solution of two tea spoons full of Goulard's Extract, No. 25, in a tea cup full of water, with four tea spoons full of laudanum, No. 4. This practice, with keeping the patient still, and upon very light diet; rarely fails of affording relief in a very few days. If the pain is very severe, it is even proper to bleed, in weaker constitutions; but, in common, if you keep the body of the patient moderately open, on a light diet, in an easy and quiet position, and the part injured moist, with the solution as above directed, this will be all that is necessary.

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## FRACTURES.

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These may happen in every part of the body, but in general the limbs are most subject to them. If

they happen in the head, without proper surgical aid, the patient may be in very great danger of losing his life, especially if the fracture is severe. In these cases the patient should be bled freely, without delay, and have his bowels kept moderately open the whole time, with a very light diet, till proper surgical assistance can be procured; which, in all cases, should be as soon as possible. The wound must be kept clean, and lightly dressed. It may be necessary to repeat the bleeding occasionally, especially if the constitution is strong, and the part injured attended with much beating and throbbing. If either an arm or limb be broken, the patient must be kept in a quiet and easy position, after bringing the ends of the bones as near their natural position as possible, and retaining them in this situation by means of splints, which may be made as occasion requires, if they are not already on hand. It may be proper to observe, that splints for a broken limb should be a little longer than the limb broken: for instance, if the thigh is broken, let the splint be long enough to extend to the hip, and a little below the knee, &c. &c. Splints a few inches long, only sufficient to apply over the fracture, often produce much pain and swelling; besides, cannot afford the necessary support to keep the limb in a secure and easy position. Bleeding and purging may be necessary here, according to the state of the patient's constitution. The diet, as in all cases of disorders, should be light and easy for the patient. If one or more ribs should be broken, let the patient be kept still and easy, wear a waistcoat that buttons tight round his chest, and occasionally be blooded, if necessary; at the same time keeping the body sufficiently open. It is also proper to keep the part injured moist with the solution, as directed for dislocations.

## BRUISES AND STRAINS.

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If these become so painful as to require the aid of medicine, relief may be obtained, by keeping the part injured moist with the solution, as directed for dislocations. In severe bruises and strains the patient may be blooded; more especially, if the pain and swelling are considerable, and the patient disposed to fever. After the pain has subsided, and a swelling still continues, rub the part affected two or three times a day with spirits of camphor, No. 18.

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## WOUNDS.

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Wounds may proceed from various causes; but, in general, are produced by sharp instruments. The patient may have them dressed by bringing the sides of the wound as near together as can be done with convenience, and secured in this situation by bandages, which may be applied as the judgment may point out. The blood of a wound is the best *balsam* that can be applied to it. In wounds from sharp instruments, this treatment will often cure, without further trouble; if, however, they become a running sore, dress them lightly with cerate, No. 19, till they are well. Be always cautious to see that all extraneous or foreign matter be removed from every wound.

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## FEVERS.

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Fevers may proceed from various causes; but, their symptoms are so generally known, that it is unnecessary to detail them here. If they do not arise from any local injury, but are the effect of some general

cause, give an emetic of tartar emetic, No. 1, and afterwards a purge to clear out the stomach and bowels, which is often sufficient to remove a fever. If, however, it continues, and there should be a want of moisture on the skin, or a suppression of perspiration, in this case take half of one of the papers of tartar emetic, No. 1, and dissolve it in half a pint of hot water, and, when cool enough, give a table spoonful every two hours, which often keeps the patient sick at the stomach, and at the same time restores the perspiration, and removes the fever. If after this the patient feels weak and languid, the fever being removed, he can take a tea spoonful of bark, No. 3, in a little wine, or any thing else that will be most agreeable to him ; as wine, white or red, chocolate, &c. &c. During every fever let the patient drink freely of diluted drinks ; as, lemonade, tea, &c. &c. During fevers, and in fact, during every disease, it is always necessary to keep the body sufficiently open, &c. to observe cleanliness in every respect ; also, to let the diet be as light and easily digestible as possible. This is of more importance than people in general are aware of. In cases of slow, or nervous fevers, as they are commonly called, and which are attended with a variety of symptoms, it is proper to pay strict attention to the diet of a patient, which should be light and nourishing, and his drink, wine, clear or diluted. He should also be kept in as clean a situation as possible, otherwise all the medicines in the world will be of but little effect.



## DIARRHŒAS OR RELAXES.



These are generally removed by giving the patient a dose of castor oil, or rhubarb, and keeping him upon a light diet. It may, however, sometimes be necessary to give four or five drops of laudanum, No. 4, every two or three hours, after the complete operation of the



purge, if not relieved by it. If, however, the disease continues, and a dysentery or bloody flux ensues, then it may be necessary to give a clyster every hour or two, made of hot water, with a little olive oil and starch; or, if this cannot be had, a little flour in it, with twenty or thirty drops of laudanum. In these cases let no animal food in substance be taken.

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## CHOLIC.

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All that is requisite in common is to give some purgative medicine, which may operate as soon as possible, when relief will be afforded. If, however, the pain is very severe and continued, it may be necessary to foment the belly with warm water, and even, sometimes, to give laudanum. This, however, retards the operation of the purge, which should be guarded against, unless the pain is very violent. If the first dose does not operate, it may be necessary to repeat the purge. Castor oil is commonly the best medicine in a cholic; though, if the pain is very severe, jalap is more preferable, as it may operate more briskly.

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## PLEURISY.

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Pleurisy is commonly known by a pain in the right or left side. If it is severe, apply a blister, by spreading the blister plaster, No. 15, on a bit of linen about six inches square; let it draw till a blister is formed, when it must be cut to let out the water, and then dressed with cerate, No. 11, night and morning, till healed; but, before applying the blister, let the patient be bled, taking away twelve ounces to a pint of blood, or even more if he will bear it. Also, purge freely, and let his diet be low.

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## *DIRECTIONS*

FOR USING THE

# MEDICINES.



### No. 1, TARTAR EMETIC.



Take one of the papers and dissolve it in four table spoons full of water, and give one spoon full every fifteen or twenty minutes till it operates, during the operation let the patient drink freely of warm water, which makes the operation easier.

### No. 2, SALTS.



One or two table spoons full, dissolved in half a pint of boiling water, and when cold drank off at a draught, sufficient for a dose. It is one of the best and most general purgatives.

## No. 3, BARK.

—

One or two tea spoons full, as the stomach will bear, mixed with whatever is most agreeable to the patient, is the general dose ; though, in cases of fever and ague, during the intermission of the fever more may be given, which is the best method for curing this disease.— The dose may be repeated every one or two hours. If, during the time you give bark, the patient becomes constive, add a few grains of rhubarb, No. 6, to each dose, if, on the contrary, it produces a purge, then give four or five drops of laudanum, No. 4, with each dose.

## No. 4, LAUDANUM.

—

From twenty-five to thirty-five drops in a little water, commonly sufficient to procure sleep and ease pain : though, if the pain is very severe, more may be given, and repeated till ease is procured.

## No. 5, CASTOR OIL.

—

One or two table spoons full for a dose, as occasion may require. It is useful as a gentle opening medicine, and proper to purge with in diarrhœas, &c.

## No. 6, RHUBARB.

—

Each paper contains a dose. It is a mild purgative medicine, and is more particularly required in cases of relax or diarrhœa.

## No. 7, SULPHUR.

—

A tea spoon full mixed with molasses, a lossening dose, and in smaller quantities may be given to advantage, to remove eruptions from the surface of the body. It is said to be good, in those small doses, to relieve rheumatic attacks.

## No. 8, PURGING PILLS.

—

Three to five a dose, to open the body. In smaller numbers may be used to relieve a costive habit of body.

## No. 9, PAREGORIC ELIXIR.

—

A tea spoon full for a full dose.—Useful in procuring ease in cases of troublesome coughs, and to assist expectoration. In larger doses, may be used instead of laudanum to procure sleep.

## No. 10, ELIXIR OF VITRIOL.

—

Very useful, when combined with bark, in cases of weakness and languor, accompanied with loss of appetite. It may be given in doses of between ten and twenty drops, three or four times a day. It is also convenient to make a beverage of, in lieu of limes or lemons, when these cannot be obtained.

## No. 11, CERATE.

—

Useful for dressing all common sores, either spread on a bit of linen or lint, and in general should be used as the best ointment for dressing with.

## No. 12, HARTSHORN.

—

Useful to smell in faintings ; also, in occurrences of extreme languor, a few drops may be taken inwardly in a glass of water, which will assist in raising the spirits. Useful, also, to rub strained parts with, when the swelling is unaccompanied with pain ; also, to rub the throat with in cases of sore throat.

## No. 13, CHAMOMILE FLOWERS.

—

A tea made of this is very useful in assisting to create an appetite, with those who are debilitated ; also, a weak tea of it is useful in working of an emetic.

## No. 14, BASILICON.

—

An ointment convenient for dressing old sores with, when they do not discharge freely, and the matter discharged is bad.

### No. 15, BLISTERING PLASTER.

Spread on leather or linen, and applied a sufficient time, will produce a blister.—Useful in relieving all internal pains, as pleurisy, &c. by being applied directly over the pain, or as nearly so as convenient. When the blister is drawn, cut it in different places to let out the water, and dress it with common cerate, No. 19, till well.

### No. 16, GOULARD'S EXTRACT.

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Useful in making a solution combined with laudanum, as before observed, for fresh bruises and strains, to assuage the pain and inflammation attending those injuries. A tea spoonful or two, with as much laudanum, to a tea cup full of water.

### No. 17, BITTERS.

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Same as Stoughton's bitters.—Useful in helping to strengthen the stomach, and create an appetite.

### VENEREAL DISEASE.

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The appearances of this disease are different, and require a treatment accordingly. If there is nothing more than a discharge from the yard, attended, more or less, with a heat, burning or scalding in making wa-

ter, unaccompanied with any sores or swellings in the groins, all that is necessary, is to take one of the injection powders, No. 18, and add to it half a pint of hot water, and when cold, let a syringe full be injected up the yard every two or three hours, till the complaint is removed, which commonly will not be long. If, however, sores appear about the private parts, or swellings in the groin, called buboes, then it is necessary to touch the sores occasionally with blue stone, No. 20, and to dress them with mercurial ointment, No. 19, and at the same time to rub in as much mercurial ointment as will be the size of a hazel nut, night and morning, in the inside of the thigh afflicted, or of both thighs if there are swellings in each groin, until the sores heal and the swellings disappear. It may also be proper to give a mercurial pill or two, No. 21, every night and morning. If, however, during the use of the ointment and pills, the mouth becomes sore, and salivation is about to be brought on, omit using the pills and ointment immediately, and give a dose of salts, and a small dose of sulphur occasionally, till the mouth becomes better, when if necessary, recourse may again be had to the ointment and pills. While a patient has his body loaded with mercury, he ought to be careful that he does not take cold: therefore, wet, cold, and damp weather should be guarded against. It sometimes happens, that buboes will not be removed by the use of mercurial ointment rubbed in on the inside of the thigh, but will become inflamed and suppurate, or have matter formed in them and break; in which case they are to be dressed daily as common sores, till they are well; at the same time, keeping the patient on the use of mercurial pills, if his mouth is not too sore to forbid it. For it is a maxim, that while venereal sores exist we cannot say the system is free from infection.

During the influence of a venereal complaint, the

greatest attention should be paid to cleanliness, otherwise various consequences may sometimes ensue.

It may sometimes happen that the injection powders may not agree with some patients, in these cases take a tea spoonful of Goulard's extract, No. ~~16~~ and put it to half a pint of water, and let it be used for an injection instead of the powder.

The chest also contains a syringe, lancet, lint, &c. &c.



Thus are a few general directions given in a plain and concise a manner as possible. At all times, however, when it can be had, proper medical assistance should be preferred.







